

New Hires: How to Join

The City of Boulder's *WellnessWorks!* program is devoted to your health and well being. We value our workforce and want you to remain healthy for yourself and your family. It's about you.

Challenges are offered throughout the year and a chance to win prizes! In addition to the Wellness Recreation Pass, you have the option to purchase passes for your family members at a substantial discount. Recreation classes are included at no cost. Lunch and learns, CPR, defensive driving, work site fitness and weight management classes, and special events round out the program.

You can see the program is robust and has something for everyone. Here are the steps to take to join the *WellnessWorks!* program and begin utilizing the Wellness Recreation Pass.

Step 1

- Contact Stacy Ludwig ludwigs@bouldercolorado.gov (303-441-4009) within 30 days after attending New Employee Orientation and ask her to activate your pass.

Step 2

- Go to any Recreation Center to pick up your pass. Your information will be in the system. You will have your picture taken for the scanner card that you will use every time you visit a center.

Step 3

- If you have family members that want to purchase a pass, print an affidavit from the *WellnessWorks!* Website link (found on your Boulder@Work homepage – click on the *WellnessWorks!* logo) to fill out and sign it and give it to your family members to bring with them to the Recreation Center when purchasing their discounted passes. (\$100 per year, per family member).

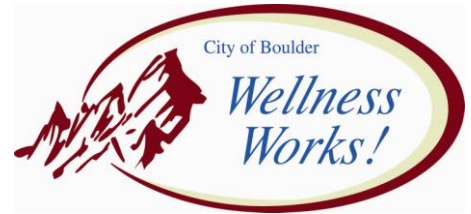
Step 4

- Log onto the *WellnessWorks!* Website (found on your Boulder@Work homepage – click on the *WellnessWorks!* logo) for more information on the *WellnessWorks!* program including current fitness class schedules and events.

Step 5

- Be on the lookout for *WellnessWorks!* Open enrollment details in September.

Wellness Recreation Pass Information



As a WellnessWorks! recreation pass holder these perks are available to you!

- Use of all City of Boulder recreation centers, outdoor pools, the Boulder Reservoir, and over 100 drop-in fitness classes per week.
- Option to purchase recreation passes for your family members at the discounted fee of \$100.
- No cost leisure classes listed in the Parks and Recreation class guide for you and your family members who purchase a recreation pass. One class may be taken **per quarter**. Register **three days** prior to class start date in person at any rec center or over the phone at 303-413-7270.
Exclusions: Contractual programs (tennis) and special interest (cooking/drama/art/guitar/classes), competitive programs (teams/leagues/Expressions dance) and private/semi private lessons.
- 10% discount on additional classes for you and family members who have a pass. One class per quarter. Register **ONE week** prior to class start date.
- Discounts to local Boulder pass partners which can be found in the Rec guide just look for pass partners in the table of contents.
- One free session with a dietitian and a trainer per year. Contact Summer Kennedy at kennedysu@bouldercolorado.gov or 303-413- 7264.
- Worksite Fitness classes can be found through the *Wellness Works!* under Programs and Events tab (how to access WellnessWorks! see below).*
- Childcare is offered at the recreation centers.

*For information on the wellness program go to Boulder@Work homepage – click on the WellnessWorks! Logo.

Find more information about the Rec Centers, drop-in fitness or mind/body classes, pool schedules, and childcare go to www.BoulderParks-Rec.org.

Questions about the Rec Centers, contact Summer Kennedy at kennedysu@bouldercolorado.gov or 303-413-7264.

Boulder Reservoir	Scott Carpenter Pool	Spruce Pool
Address: 5565 n 51 st St	Address: 1505 30 th St	Address: 2102 Spruce
Phone: 303-441-3461	Phone: 303-441-3427	Phone: 303-441-3426

North Boulder Recreation Center	South Boulder Recreation Center	East Boulder Community Center
Address: 3170 Broadway	Address: 1360 Gillaspie	Address: 5660 Sioux Dr
Phone: 303-413-7260	Phone: 303-441-3448	Phone: 303-441-4400